

10 Facts Young Adults Should Know About Basic Food

Fact #1: Nutrition—Not welfare: The Basic Food program wants you to have access to healthy foods like everyone else.

Fact #2: You receive benefits by using an EBT card. An EBT card is much like a debit card and can be used at almost all supermarkets and grocery stores.

Fact #3: Basic Food program is for people who meet certain requirements. It doesn't matter if you're 18 or 55, whether you have a home or are homeless, working or unemployed, able bodied or disabled, you may qualify.

Fact #4: In 2013, individual people living in Washington getting Basic Food nutrition assistance received an average of **\$125** per month in benefits out of a possible \$189.

Fact #5: Some people think that if you have money in the bank or a car then you are automatically disqualified from the program. Not true! Whether or not you qualify is based on your income level.

Fact #6: If you qualify for Basic Food, you may also qualify for: discount telephone service from the Washington Telephone Assistance Program (WTAP) and can still get WIC benefits.

Fact #7: Young adults and children attending school that receive Basic Food are automatically enrolled in free or reduced price school nutrition benefits such as the School Lunch and School Breakfast programs at participating schools.

Fact #8: Most of the time, all that you need to apply for Basic Food is some form of identification and proof of your household income like pay stubs.

Fact #9: If you receive Basic Food you may be eligible for help through the Basic Food Employment and Training (BF E&T) program. BF E&T can help pay for school, training and support services that help you get a job. More information about BF E&T can be found at www.BasicFoodET.org.

Fact #10: Applying for Basic Food is easy. You can apply for Basic Food benefits over the internet at: <https://www.washingtonconnection.org/home/>, or submit a paper application by fax or mail, or apply in person. For more information about the Basic Food program and where to apply call **1-877-501-2233**.



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**For help in applying
for Basic Food contact:**